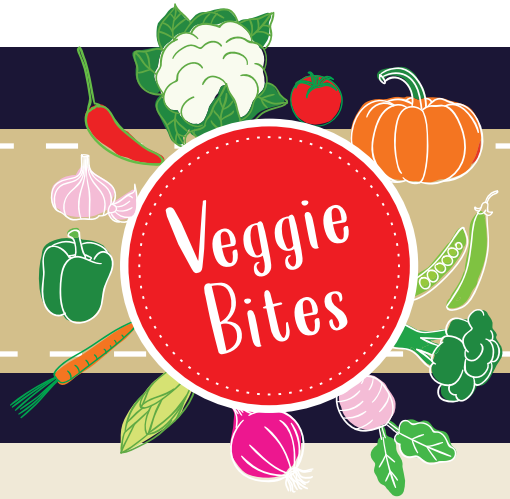


Cilantro Coriander



Try It! 

Selection

When selecting fresh cilantro be sure the leaves look vibrantly fresh and are deep green in color. They should be firm, crisp and free from yellow or brown spots.

Fresh cilantro is highly perishable so you will want to store it with roots attached if possible in a glass of water and a plastic bag over the leaves. If roots have been removed then store leaves in a damp cloth or paper towel inside a plastic bag.

Uses

Cilantro can be added to many things whether it is fresh or dried. When using fresh, it can be sautéed, chopped, or cut and added to vegetables, soups or a hot beverage. When used in seed form, you can use it in a pepper mill in place of pepper.



CORN AND GREEN CHILI SALAD

Ingredients

- 2 cups corn (frozen and thawed)
- 1 10oz can diced tomatoes with green chilies
- 1/2 tablespoon vegetable oil
- 1 tablespoon lime juice
- 1/3 cup green onion (sliced)
- 2 tablespoons cilantro (fresh, chopped)

Instructions

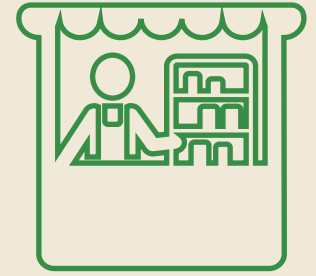
1. Combine all ingredients in a medium bowl and mix well.

History & Fun Facts

The use of cilantro can be traced back to 5,000 BC, making it one of the world's oldest spices. It is native to the Mediterranean and Middle Eastern regions and has been known in Asian countries for thousands of years.

Cilantro was cultivated in ancient Egypt and given mention in the Old Testament. It was used as a spice in both Greek and Roman cultures, the latter using the preserve meats and flavor breads. The early physicians, including Hippocrates, used cilantro for its medicinal properties.

Cilantro is considered both an herb and a spice since both its leaves and its seeds are used as a seasoning condiment.



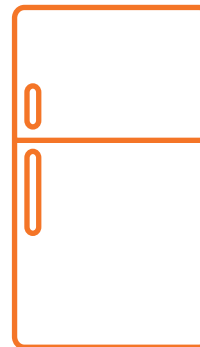
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Many herbs and some fresh fruits and vegetables that are very perishable will stay fresh longer in a refrigerator that is at a temperature of 40 degrees or cooler.
- Be sure the refrigerator is clean.
- Keep fruits and vegetables separate in the refrigerator.

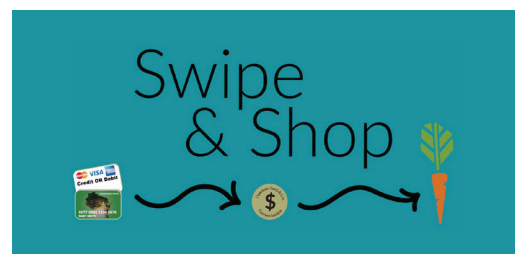


NUTRITION FACTS

- _____ Fat free
- _____ Cholesterol free
- _____ Good source of Manganese
- _____ Good source of fiber
- _____ Good source of iron
- _____ Good source of calcium



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.org; <https://whatscooking.fns.usda.gov>

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